

Course Outline

(A SIDC CPE approved course)

Title : Stress Clinic: Practical Strategies to Turn Pressure into Positive Energy

Date : 19th February 2020

Venue Moffett Training Centre, E-3-2 , Plaza Kelana Jaya, Jalan SS7/13 A, Kelana Jaya, 47301, Petaling Jaya, KL

CPE : 10 Points

Speaker : Dr Ch'ng Huck Khoon

Objectives

1. Analyse the reasons for obstacles and find ways to get around the obstacles;
2. Analyse and construct strategies dealing with short term and long term stress;
3. Develop contingency plans to deal with changes and overcome challenging situations; and
4. Demonstrate optimism and persistence to achieve results when faced with adverse situations.

Time	Descriptions
9 : 00 - 10 : 15	Stress in Perspective – How Stress Affects Your Body and Mind <ul style="list-style-type: none">- This session will analyse the reasons for obstacles and find ways to get around the obstacles.- What is stress – Can stress be good for us?– Acquiring resilience– Identify your stressors– Coping Mechanisms– Writing it out – Feeling in control– Breaking the worry cycle – De-stress your thinking
10 : 15 - 10 : 30	Coffee Break
10 : 30 - 11 : 45	Strategies for Dealing with Long-Term Stress <ul style="list-style-type: none">- Pressures of today – Tackling technostress– The Stress of multi-tasking– Stress and relationship– Stress in the workplace- Strategies: Knowing when to stop, The pressure to spend, The power of forgiveness, Giving thanks
11 : 45 - 13 : 00	Trouble-Shooting Tactics for Short-Term Stress <ul style="list-style-type: none">- Turning points– Life after loss– Stress and ill health- Strategies: How to deal with frustration, Acceptance and commitment, Learning to loosen up, How to stop stress ruling you, Handling performance anxiety
13 : 00 - 14 : 00	Lunch Break
14 : 00 - 16 : 00	De-Stressing Your Life <ul style="list-style-type: none">- This session will discuss Strategies to develop contingency plans to deal with changes and overcome Challenging Situations.- How to prioritize– How to juggle work and home– The value of leisure– Fighting Fit – The Walking Cure – Mindful movement – Stress and Food– A good night's sleep – The simple life – Friendship and support – Get creative– The stress on loneliness – Persistence and passion– Cases study on Xiaomi's strategy: From Smart phone to Internet of Things

Time	Descriptions
16 : 00 - 16 : 15	Coffee Break
16 : 15 - 18: 30	Resilience and Resolution – Finding Support and Building Strength - The physical symptoms of stress - Mental illness facts and fiction - Low mood and depression - Managing fears - Living a resilient life - case study on Huawei’s strategy: Achieve results when faced with adverse situations

TRAINING COURSE REGISTRATION FORM

COURSE TITLE	Stress Clinic: Practical Strategies to Turn Pressure into Positive Energy
COURSE DATE	19th February 2020
VENUE	Moffett Training Centre, E-3-2 , Plaza Kelana Jaya, Jalan SS7/13 A, Kelana Jaya, 47301, Petaling Jaya
REGISTRATION TIME	8.30AM - 9.00AM
TIME	9.00AM - 5.30PM
FEE	RM 428 for Banker, member of professional associations [early bird by 19 Jan 2020] RM 478 for Banker, member of professional associations RM 548 for Public [early bird by 19 Jan 2020] RM 598 for Public <i>Fees are inclusive of coffee breaks, lunch, program materials and a Certificate of Attendance</i>
SIDC CPE Points	10 (Ten)
Instructions	Complete this form and fax to 03-76104234 or email to cpeseminar@chkconsultancy.com.my
Payment Details	1. Cheque made payable to "CHK CONSULTANCY SDN BHD". 2. Or bank in to MAYBANK A/C #. 557063320872 3. Scan and email bank in slip to cpeseminar@chkconsultancy.com.my or fax to 04-2299327
Terms & Policies	1. submission of this document would imply agreement to our terms and policies. 2. CHK Consultancy Sdn Bhd only recognizes either payment or Letter of Undertaking and this form to confirm reservation for the participant. 3. CHK Consultancy Sdn Bhd implements a non-refund policy. Transfer to another program date incurs a 20% transfer fee and must be within 1 month from the effected month. However, we allow a replacement participant with no additional charge. 4. Cancellation made within 7 calendar days before the event date will incur a fee of 50% of the program fee. 5. Payment made any time AFTER the program date will result in an additional collection fee amounting to 15% of the original invoiced amount. 6. Registration is on a first-come-first-served basic. Walk-in participant/s will be admitted on the basic of space availability. 7. DISCLAIMER : CHK Consultancy Sdn Bhd reserves the right to change the venue, alter the speaker(s) without further notice, reserves the right to cancel/postpone this program. Administrators and participants will be notified and any payment received will be carried forward.

MODE OF PAYMENT

PLEASE TICK

1. By cash, please bank into MAYBANK, "CHK CONSULTANCY SDN BHD"	<input type="checkbox"/>
2. Cheque made payable to CHK CONSULTANCY SDN BHD	<input type="checkbox"/>

PARTICIPANT DETAILS (COMPLETE ALL DETAILS)

FULL NAME	
DESIGNATION	
NEW NRIC/PASSPORT NO.	
EMAIL ADDRESS	
PHONE NO.	
MOBILE	
SC LICENCE / CMSRL NO.	
PROFESSIONAL ASSOCIATIONS MEMBERSHIP NO.	

ADMINISTRATOR DETAILS

COMPANY	
CONTACT PERSON	
EMAIL ADDRESS	
PHONE NO.	
FAX NO.	
BUSINESS POSTAL ADDRESS	

last update 19 Jan 2015